

# Foggys "invisible illness" Support



07396 161265

[info@foggys.net](mailto:info@foggys.net)   [www.foggys.net](http://www.foggys.net)



## SMALL CHARITABLE GROUP CONSTITUTION

### 1 NAME:

The group's name is Foggys.

### 2 THE PURPOSES OF THE GROUP ARE:

- a) To promote and protect the physical and mental health of sufferers, of the following conditions, through the provision of financial assistance, support, education and practical advice, primarily:
- Arthritic Condition's
  - Chronic Fatigue Syndrome
  - Chronic Widespread Pain
  - Fibromyalgia
  - Long Covid
  - M. E. Myalgic Encephalopathy
  - Myofascial Pain
  - Rheumatic Condition's
- b) To advance the education of the general public in all areas relating to the fore-mentioned conditions, where the general public includes – sufferers of the conditions, their friends, family and carers, medical and healthcare professionals, and the public at large.

### 3 CLASSIFICATIONS:

What:

- General charitable purposes
- Disability

Who:

- Children / young people
- Elderly / old people
- People with disabilities
- Other charities or voluntary bodies
- Other defined groups
- The general public / mankind

How:

- Provide advocacy / advice / information.



#### **4 TRUSTEES:**

The group shall be managed by a Committee/Admin Team.

#### **5 CARRYING OUT THE PURPOSES:**

In order to carry out the charitable purposes, the Trustees have the power to:

- a) raise funds, receive grants and donations.
- b) apply funds to carry out the work of the group.
- c) co-operate with and support other charities with similar purposes.
- d) do anything which is lawful and necessary to achieve the purposes.

#### **6 MEMBERSHIPS:**

The group shall have a membership. People who support the work of the group, can apply to become a member. Membership lasts April to April. The Trustees will keep an up-to-date membership list.

#### **7 EXPULSIONS OF MEMBERS:**

A member may be expelled from Foggys for any act or deed inappropriate for a Foggy member, by a majority vote of Committee/Admin members.

The membership dues of any member being expelled are not refundable.

#### **8 ANNUAL GENERAL MEETING:**

- a) An AGM may be held every year. Minutes must be kept of the AGM.
- b) There must be at least 2 members present at the AGM.
- c) The Trustees shall present the annual report and accounts.

#### **9 TRUSTEE MEETINGS:**

- a) Trustees must hold at least 1 meeting each year. This may be via the internet, using Zoom/Skype type programs.
- b) At least 2 Trustees must be present at the meeting to be able to take decisions. Minutes shall be kept for every meeting.
- c) If Trustees have a conflict of interest, they must declare it and leave the meeting while this matter is being discussed or decided.
- d) The Trustees may make reasonable additional rules to help run the group. These rules must not conflict with this constitution or the law.

#### **10 MONEY AND PROPERTY:**

- a) Money and property must only be used for the group's purposes.
- b) Trustees must keep accounts. The most recent annual accounts can be seen by anybody on request.
- c) Trustees cannot receive any money or property from the group, except to refund reasonable out of pocket expenses.
- d) Money must be held in the group's bank account. All cheques must be signed by 2 Trustees.

## 11 GENERAL MEETINGS:

If the Trustees consider it is necessary to change the constitution, or wind up the group, they must call a General Meeting so that the Committee can make the decision. Minutes must be kept.

- a) Winding up - any money or property remaining after payment of debts must be given to a registered group with similar purposes to this one.
- b) Changes to the Constitution - can be made at AGM's or General Meetings. No change can be made that would make the organisation no longer a charitable organisation.
- c) General Meeting - called on written request from a majority of members.
- d) Trustees may also call a General Meeting to consult the members.

## 12 SETTING UP THE GROUP:

This constitution was adopted on 1<sup>st</sup> March 2014, (last reviewed 8<sup>th</sup> June 2021), by the people whose signatures appear below:

<b>DEB COOKE</b> SIGNATURE ON FILE	ADDRESS ON FILE
<b>KATIE-ROSE COOKE</b> SIGNATURE ON FILE	ADDRESS ON FILE
<b>CHERYL HEYNE</b> SIGNATURE ON FILE	ADDRESS ON FILE